

# *InComplete* THOUGHTS

A Newsletter  
*about life, death,  
and things  
in between...*



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*Inside the Issue*



## IN CONTEMPLATION

The staff at Complete Estate & Probate Law contribute and discuss what's on their mind..

## THINGS TO KNOW

We share updated information about estate planning, and things in the news that might affect or interest you.

## RECOMMENDATIONS

What we're reading, watching, cooking, celebrating or otherwise doing outside of work.

*Also included: Legacy Corner*

## IN CONTEMPLATION...

*by Maureen D. Lester*

It has now been more than ten years since I both began the study of elder law and also walked that particular journey with my own grandparents. In 2011, I moved home to Kansas City to start law school and once again attend Sunday family dinners which now included my grandparents, Edwin and Marion McHugh, who had recently moved to an independent living community in Kansas City.

Before my second year of law school, Grandpa Edwin's health rapidly declined. He passed away peacefully, after having said his goodbyes and charging all of us with the care of Grandma Marion. In fulfilling this charge, we quickly realized how much care he had provided for her, and that it would not be possible for her to live truly independently. When my classes resumed, our Sunday family dinners became takeout at Grandma's so we could eat quickly and do things around her apartment for the week – laundry, fill pill boxes, and compare her weekly calendar with our schedules to make sure she would have the help she needed until we could figure the next steps.

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# RECOMMENDATIONS

By Rachel Jewett



## *Spooky or Family Friendly?*

I have always been a gigantic fan of Halloween. As a child, I joined my brothers and cousins running through the neighborhoods with a pillow case collecting candy. One of my more memorable childhood costumes included a clear trash bag filled with multicolored balloons (I was a bag of jelly beans) but I was also Barbie more than once. I am also a lover of scary movies which includes everything from a campy slasher film to paranormal hauntings minus all the blood and gore. The great thing about October is that there is something for everyone. Check out my suggestions below!

### **Howl-O-Ween - Waggin' Tails Dog Park**

Dress your pups in costume for a day out at Waggin' Trail Dog Park! Pups can participate in a costume contest, raffle, photo op, meet with dog vendors, and more. With a suggested \$5 or item donation each dog will receive a trick-or-treat bag along with entry. No children under the age of 5 allowed inside the designated dog area. All dogs must be accompanied by owner while inside dog park. Items that can be brought for donation: Dog/Cat Treats, Blankets, Towels, Laundry Detergent/dryer Sheets, Kleenex, Dish Rags, Dog/Cat Toys, Paper Towels, Dawn Dish Soap, Bleach, Dishwasher Detergent, Disinfecting Wipes

### **Trick or Cache - Antioch Park**

Geocaching is version of scavenger hunting where participants use a Global Positioning System (GPS) device and other navigation efforts to locate hidden containers. These containers are known as "caches" or "geocaches" and are marked by specific GPS coordinates. Costumes are encouraged and candy is rewarded for each cache! Johnson County Parks and Recreation hosts this all-ages trick-or-treat geocache activity at Antioch Park on October 14. Meet at Shelter #2. There are three sessions for this all-ages activity: 10, 11 and 12 o'clock

### **Night of the Living Farm - Deanna Rose Farmstead**

Join the evening fun with kid friendly and spooky activities! Fridays and Saturdays, October 20 & 21, 27 & 28 | 5:30-9pm

### **Create your own Movie Night**

- Halloween Town
- Monster House
- It's the Great Pumpkin, Charlie Brown!
- Casper
- Nightmare Before Christmas (really any Tim Burton)
- Sleepaway Camp
- The Conjuring
- Insidious
- Strangers

**REMINDER: We will be hosting our Second Annual Shred Event on October 21st from 10:00-1:00! Be sure to read more information below on how to reserve a delicious FREE Apple Pie in celebration of the fall season. Pies will be available by reservation only.**





# IN CONTEMPLATION...

continued



I was enrolled in the class titled simply “Elder Law” and over the course of the semester, we learned about laws associated with aging and the end-of-life process, among other topics. I swear I did not give Grandma a syllabus, but she followed right along in experiencing many of the situations we discussed in class. For example, Grandma fell and went to a care facility, and we needed advice as to how she would afford the level of care she now needed. My family hired an elder law attorney. Those after seeing those legal services in action brought clarity and comfort it to my family. I knew then that this was my career path was elder law the work I was meant to do. Grandpa Edwin’s compassion and patience and Grandma Marion’s difficulties have both guided me as I help families at this time of life. I had direction for my career fueled by passion for helping families and emulating the compassion and patience I saw in my Grandpa Edwin.

It has now been more than ten years since I first learned about elder law and simultaneously lived through my family’s experience. I am eager to bring my nine years of experience in elder law and professional trust administration to Complete Estate & Probate Law. One of my primary goals remains is to help my clients’ family dinners be more relaxed about enjoying each other and time together because there is clarity about the long-term care path. My

Above is a photo of my family, including my husband, Michael, our 4-year-old daughter, Teagan and our 1-year-old son, Thomas. My son’s middle name is Edwin, and someday I will teach him all about his great-grandfather.



## Legacy Corner

*Where we share our family traditions, recipes, and other ways, we are passing on our legacy...*

While she was not known for her culinary expertise, Grandma Marion made a great pizza. Her favorite toppings were onions, ground beef and green olives. This recipe is fitting as my own family has started a tradition of eating pizza and watching a movie every Friday night.

### Marion’s Pizza

1 pkg. active dry yeast  
1 ¼ cups warm water  
2 Tbsp cooking oil  
1 tsp salt  
4 cups flour  
1 6 oz. can tomato paste  
½ cup hot water  
1 tsp salt, dash of pepper  
½ tsp oregano or basil

Dissolve yeast in warm water. Stir in oil and salt. Mix in flour. Knead on floured board until smooth and elastic, about 15 min. Place in oiled bowl and brush with oil. Cover and let rise until double in bulk, about 2 hours.

Knead lightly and divide into four parts. Roll into approximately 9” circles. Place in greased pie pans or cookie sheets. Dent here and there with fingertips and turn up edge. Brush with oil.

Mix tomato paste with water and seasonings. Spread over dough. Add your choice of toppings: diced onions, mushrooms, sliced olives, pimento, shredded Mozzarella or Swiss cheese, then pepperoni or hamburger. Put 1 t. of fennelseed in a pound of hamburger. This can be used in place of Italian sausage.

Bake 450° 15 minutes.



# THINGS TO KNOW

*By Maureen D. Lester*



## **Preparation is Essential**

I will be running the Kansas City Half Marathon this fall and during the training process, I have learned a lot about myself and the importance of preparation. At the same time, in the office, I am setting up the framework to help clients successfully navigate the final years of life. I recognize striking similarities between training for long-distance running and planning for long-term care.

### *Step up to the Start*

There are some mornings it feels really difficult to lace up my shoes and hit the pavement. It takes a clear vision of the goal and the determination to reach it to motivate me to start each run. It also helps that a running coach laid out a clear plan for me.

Similarly, embarking on the process of planning for the aging process and everything that could happen during that time is daunting. Even thinking about these events can be exhausting, and expressing them to friends, family and your attorney takes real personal strength. Having an attorney (a.k.a. journey coach) to lay out a legal framework to help you reach your goal can make it feel much more achievable. To paraphrase Shakespeare, it is better to prepare a year too early than a day too late.

### *Stay the course*

My preparation for the race begins in the spring as the temperatures warm up. I start slowly with a few short runs per week and then begin a focused training program in mid-summer. By the fall, most of my runs are in the dark or take up several hours on the weekend. There are good runs and bad runs, hot runs and invigorating runs. If I stick to my plan, I feel confident that I will be able to reach my goal on race day.

Similarly, preparing for the aging process should not begin when crisis hits. It would be pretty hard for me to run a half marathon in the spring after taking all winter off of running. Sometimes it is best to start slowly with a basic estate plan. For instance, ensure you have instructions about property and Power of Attorney documents to nominate the person you want to assist with financial and healthcare decisions. This is also the best time to discuss other wishes with loved ones and prepare them for the role each person will play. These discussions should include preferences not only about how they conduct business on your behalf but also for important choices about care.

### *Go the Distance*

With a few weeks left, training becomes more intense, looking more like race day. I begin to see the results of my hard work. If I notice my pace is lagging, I rely on the lessons I learned during training. I mentally reset, I check my running form and I push briefly to a really fast pace. Then, I settle back into my desired pace and keep going towards the finish.

Likewise, preparation for the challenges of aging is everything. At some point or another, everyone needs help with something. And it's nearly impossible to predict what that help will look like or when it will be needed. Rely on the plan. While the shift to accepting help might feel uncomfortable at first, it is easier for everyone to settle into the new pace since the decisions have been made.

I am aiming for a personal best time in the half marathon this year. With the combination of knowledge, guidance and preparation as we work together, we can prepare a plan so that you can enjoy time with family and achieve a personal best.